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entire correspondence of Washington, and by his unrestrained access to the archives of England and France, it would be, we are persuaded, impossible to point to a sentence in his volumes, penned for the gratification of a prejudice personal or national.

Upon the whole, we dismiss his work with unqualified satisfaction. Its extent required a patience of labor, which few men could have brought to the task. To these have been added rigid literary as well as moral integrity, and that love of his theme which engaged him in supplementary and illustrative researches in this country and Europe, of the most important and interesting character. Mr. Sparks must not look for his reward to pecuniary compensation. Notwithstanding Mr. Moore's recent complimentary remarks on the splendid dowry which literature now brings to those who espouse her, we doubt not he has been as well paid for the lightest of his own graceful effusions by the Mæcenas of Albemarle Street as Mr. Sparks will be for his ten years of unremitting and conscientious labor. His reward has been already in part enjoyed ; it must be found in the consciousness of laboriously and worthily performing a noble work ; — in the conviction, that he has contributed to give a wider diffusion, and a more abiding permanence to the fame of Washington ; and that, whenever the authority of the greatest and best of chieftains and patriots is appealed to in all coming time, it will be in some association with his own name and labors.

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ART. III. — *Proceedings of the American Health Convention, assembled in Boston, May 30th, 1838, with Resolutions and Addresses.* Boston : Office of the Graham Journal. 8vo. pp. 16.

WE cannot profess to have kept ourselves *au courant* of this last of the forms of agitation which signalize these stirring times. We see from the advertisements, that books upon the subject of spare diet are succeeding one another with marvellous speed ; but, as to reading any of them, we are content to do better with our time. It seems, that they have made

disciples enough to justify the assembling of what is called, after the mode of the day, an "American Convention," and, the journal of the proceedings of that body having been sent us, we have had the curiosity to look it through.

The Convention sat in the new Marlborough Chapel, in Boston. How numerous it was does not appear, except that one of the speakers complains of its thinness, "compared with other meetings of confessedly less importance." But, if all was true that was said on the occasion, of the reducing power of the food to which the members were addicted, there would have been small reason to fear that accommodation would not be found, even had the attendance been large. The members had been preparing to make room for one another, by an expedient not absolutely unlike that described in the meeting of another society.

"Behold a wonder ! they but now who seemed  
In bigness to surpass Earth's giant sons,  
Now less than smallest dwarfs, in narrow room  
Throng numberless, like that Pygmean race  
Beyond the Indian mount."

At all events, the officers were no fewer than nine ; viz. one President (not two, which we see is a new method of organization approved in some quarters, the hint being probably borrowed from the associate kings of Brentford), five Vice-Presidents, and three Secretaries. The President, on taking the chair, after the customary declarations of "great diffidence," "entire reliance on the indulgence and assistance" of the assembly, and the "very novel circumstances" under which they were met, proceeded to pump into his associates the spirit of martyrdom.

"We are not intimidated by the consciousness of our own weakness and blindness ; for we know that every reform that has benefited the human race, whether in the religious, moral, social, or political world, has been commenced and carried on by the people, generally by the humblest of the people.

"We know that the reform we anticipate is one of immense magnitude, that it strikes at some of the strongest vices and worst passions of the human character, and that it must require large sacrifices of time, labor, and money. We know that those who act as pioneers in this cause must, like all other reformers, suffer ridicule, reproach, and abuse, perhaps even *peril fortune and life itself* ; yet we do not, on that account,

feel at liberty to withdraw from the great and glorious enterprise."

Could any thing be more magnanimous ? Assuredly not, if this were not well understood to be the way for people to take, to whip up themselves and others into making something out of nothing. "Report," says my Lord Bacon, "begets opinion, and opinion breeds substance." The President tells his assessors, that they are exposing themselves to grievous opposition and dislike ; here is the "report." They think it very hard that they should be so hardly dealt with ; here is the "opinion." And so they go lustily to work, with speaking, and writing, and all such sorts of vigorous demonstration ; and lo ! the "substance." The President's valor is uncalled for. His fortune is safe, except so far as he chooses to tax himself with a waste of it on Graham tracts. His life is in no other peril than the serious one to which he may doom it from insalubrious fare. If he loves bran bread, or roasted quills, or powdered charcoal, he is a free man, let him eat them to his fill, and be quiet about it. We dare say people will not trouble him, if he does not annoy them with solicitations to share his board, and scarcely if he does. But let him not go about to work upon the pride of the credulous, and set them in whirligig motion by the threat, that, if they venture to move, there is somebody standing ready to crowd upon them.

The President's enthusiasm naturally blazed up under the breath of his own panegyric, till, before he ended, he found himself fain to

"believe that the blessed cause of human improvement, the spread of the Gospel, and the universal regeneration of the world, can never be successfully carried forward without the aid of the great work which we are now assembled to advance."

This life-giving potion administered, the Resolutions came on, of which the following took precedence.

"Resolved, that to all persons in health the exclusive use of a diet consisting of farinaceous vegetables and fruits, with the addition of milk at certain ages and in certain circumstances, if entered upon properly and gradually, is not only safe, but preferable to any other ; and that to many persons afflicted with eruptive diseases, cancer, consumption, &c., it is

indispensable, and affords the only hope of a permanent cure."

This Resolution covers a good deal of ground, and is of pretty solemn import. Whether it obtained the concurrence of the meeting, is not told. If it did, we are to presume this to have been brought about under the influence of the argument which followed. It was sustained by three speakers. Of these the first said, among other things equally cogent ;

" I thought myself in the possession of perfect health, and, while I was accustomed to apply ice to my feverish head, and often subject to sick headache, *I never dreamed that this was disease*. I regarded and spoke of myself as well, while now I believe there was a tendency of blood to the head."

Now we make it a rule not to scrutinize a gift horse over jealously ; all volunteer advice, provided it is not too officiously volunteered, we receive with meek thankfulness. But we like to know from whom it comes, inasmuch as the wisdom of its offerer is some voucher for its worth ; and, when we take counsel concerning diet, or any other subject whatever, we would rather it should be from some one, who, when " subject to sick head-ache," and applying ice to his feverish head, is led to entertain at least some vague suspicion that he is diseased. This gentleman has lost, on a vegetable diet, just thirty times the penalty of the bond which Antonio forfeited to Shylock, and declares himself to be in his own judgment the gainer to precisely that amount, having so much less weight to carry ; so differently does the same thing strike different minds, and so back-handed a compliment is it henceforth to be esteemed, to be told that one gains flesh. " Before," says he, that is, before adopting the new regimen, " there was an indescribable feeling at the pit of my stomach, which made me dissatisfied with myself and my efforts." If that indescribable feeling at the pit of his stomach gave no monition during the intellectual effort he is recorded to have made on this occasion, his new fare has done him yeoman's service ; and, if he ever abandons so serviceable a friend, he deserves to have his retribution in all Caliban's aches, " cramps, and side-stitches that shall sew his breath up."

Next came a physician, who, naturally being, by professional right, the Sir Oracle of the assembly,

“spoke of the advantages the missionary in different climates might derive from a correct diet and a proper regimen. Their lives, he said, after entering upon their missionary labors, averaged only about eight years, whereas they might average twenty-four.”

The average age to which missionaries have lived, within a given time and space, is no doubt a calculable thing ; though the inquiry, if extended over a sufficient range to be of any value, must needs have cost some pains. But by what resource of his art did the speaker ascertain, that, with a different treatment of themselves, missionaries might hold on, on the average, just twenty-four years, and neither twenty-three nor twenty-five ? It was learned, we presume, through the same channels of inquiry with plenty of other weighty matters, which in the course of this discussion were announced with the same easy confidence, and received with the same easy faith. The speaker plainly knew whom he had in hand, when he traced to the introduction of his specific the comparative mortality, in two successive years, at an Orphan Asylum in New York.

“The year previous to the change in that institution, in 1833, there was much sickness among the children, and thirty to forty deaths. The year after the change there were but three deaths, and two of those were idiot children received from the almshouse ; the other also came from the almshouse much diseased, and died very soon after entering the Asylum.”

When we get up a Society, which we are projecting, for the encouragement of tornadoes, (physical tornadoes we mean, — the raising of moral ones is already largely provided for,) if we can find such acquiescent listeners as were on this occasion convened, we mean to illustrate the point in hand by calling attention to the fact, that the September of 1815, that of the great gale, was extremely healthy in these parts, compared with that of 1817, when the elements were in no such commotion.

The third advocate of this resolution was an aged gentleman, of various experience. He had served his country in arms and in council.

“At length he began to preach, but it was in great weakness. \* \* \* \* \* Found that something must be done. At length he resolved to abandon all drinks but water, and to live chiefly

on gruel. He did not at this time wholly relinquish all flesh meats, but used them very sparingly. On this regimen he soon began to amend, and his constitution to recover its wonted vigor. He was finally able to perform the ordinary labors of a clergyman with great ease. From that time to the present, his health has been almost uninterruptedly excellent, and, notwithstanding his great age, he is now able to preach three times on the Sabbath, and six times during the week."

Till better informed, we scruple to congratulate this gentleman's flock on the abundance of his labors. We have awful misgivings, when we think of the nine weekly forth-holdings of a preacher, in whose mind there has been established so close an association between sermons and water-gruel.

Passing over a dead mass of other twaddle, consisting partly of relations of personal experience, and partly of more metaphysical matter, we arrive at the second Resolution, which was as follows ;

"Resolved, that we view with deep regret the waste of human life from an abuse of medicine, through learned and unlearned quackery ; and that nothing will so soon arrest the progress of this alarming evil, as a correct knowledge of the science of human life."

No very perilous proposition, one would think, being plainly equivalent to another ; viz. that nothing will go so far to obstruct the consequences of bad management, as the knowledge how to manage better. Nevertheless, it was thought worthy of two speeches, one of which, says the editor of the "Proceedings," contained "interesting remarks," while the other was "in an interesting strain of remark and anecdote." He regrets, however, that he has "received no notes." We regret it too. The world is the loser. That part of the discussion must have been worth hearing, if the speakers honestly undertook to maintain the high argument, to which the Resolution bound them, though, in such a beating of the bush as must have ensued, we blame not the sharpest-scented reporters for being baffled.

A letter of encouragement from Utica having been read, Mr. Graham, the Coryphæus of the enterprise, next took the floor.

"Sir," said he, "a note has just been put into my hand, with a request that I will answer it before this Convention.

It states, that a popular preacher of this city, on Sunday morning last, speaking of the great attention that is given to the subject of dietetics at the present day, affirmed, that those people who pay most attention to their diet, and are the most particular in their food and drink, are *always* the most unhealthy and feeble and miserable; while those who pay no attention to their diet, but *eat and drink every thing and any thing that comes before them, are always the most healthy and vigorous and happy.*"

We think it likely, that the "popular preacher" did not lay down his proposition in quite all this breadth. But we have no means of knowing who he was, and possibly he may be a person bitten with a sort of antagonist madness, and himself breaking ground for an association on extreme principles of his own. However this may be, we apprehend that most sensible people will be inclined to acknowledge, that there is a basis of truth in the first part of what he is represented to have maintained. We have supposed, that few things were better understood, than that to bind one's self to a precise diet was unavoidably to doom one's self to an imperfect digestion. As a choice between evils, no doubt it is a course sometimes to be taken. A man who is in a poor way must needs avoid things which would make him worse, even though his very caution so to do should compel him to get better slowly. But the very vice of the position is, that, as soon as he begins to be curiously observant of his digestion, his digestion will begin to labor. Just as surely as there are nerves which go from the brain to the stomach, so certainly, we hold, he who, having deposited something in the latter receptacle, goes to bethinking himself about the manner of its reception there, will find that the gastric juice will poorly do its office. Some diet, no doubt, is better, and some worse; but safer, we insist, to a well man, is a hearty, old-fashioned New England breakfast, including bacon and eggs, custards, cucumbers, cheese, plumb cake, hard cider, and the rest, with no thought about the matter, than a sipping of gruel with a Grahamite's speculations and solitudes. But to get away the soonest possible from this theory of ours, — for the very thought of a theory of diet makes us tremble for the result of our own next experiment in that way, — Mr. Graham seems to imagine, that he disposes of the argument of the erring



preacher, by a story which he tells of a family of four brothers.

“Three possessed remarkably healthy and vigorous constitutions. They grew up to be more than ordinarily large, well-formed, and powerful men. They *undoubtedly* had constitutions, capable of sustaining life, under the most favorable circumstances, *to the age of a hundred and forty or a hundred and fifty years*. They ate and drank heartily of whatever they relished, without any regard to the effect of their dietetic habits on their health, and as a general fact *enjoyed what is commonly called good health*, most of their lives. But neither one of the three exceeded seventy-five years, and, if I remember correctly, they fell short of this considerably; so that they actually lived but about one half of the period of their constitutional capabilities.”

To make a long story short, the other brother, of a more feeble constitution, by force of forswearing all but thin potations and mastications, arrived at the age of ninety-seven or ninety-eight; nor then did he come fairly by his end, but through “disease brought on by exposure.” And the case of this family, says Mr. Graham, “will show what is true of the whole human race.” We perceive that Mr. Graham knows one thing, whatever else he may know or ignore. It is, that, first, allow a disputant to make his premises to his liking, and, secondly, allow him to determine for you what inferences they will sustain, and you have put him in a pretty fair way to work conviction on your mind.

Three other resolutions followed. In speaking to the first, which contemplated the introduction of the study of “anatomy, physiology, and hygiene” into our colleges and schools, a venerable speaker, father of a gentleman honorably distinguished in public life, presented to the meeting the case of his son, (whose name, to avoid mistake, is given by the editor in the margin,) who “he did not doubt was a useful citizen, to some extent, even now; but he was equally confident he would have been far more useful, had the education of his physical powers been duly attended to.” The second resolution, viz. “that a knowledge of the human structure shows, that there is no good reason why the vast majority of mankind should die an unnatural rather than a natural death,” appears to have passed *sub silentio*. It must be owned to be another tolerably safe proposition, and, upon its terms (though of course more was meant than meets the

ear), about as insignificant as safe ; nobody ever having surmised, as far as we know, that " a vast majority of mankind," in order to die, need the appliances of the bullet or the cord. — At this crisis, the just pent-up inspiration broke forth into a world of speech. Though the discussion became widely discursive, the man of straw which the champions understood themselves to be demolishing was as follows ;

" Resolved, that *the general impression, that there must be just such an amount of physical suffering in the world, be the mode of living what it may*, is the offspring of gross and culpable ignorance, and a practical denial of the established laws and goodness of the Creator."

It is related of a valetudinarian divine in the South, that after a long pulpit exercise, being inquired of by his servant how he felt, and replying that he thought he was better, the humble friend rejoined, that he had hoped it would be so, when he saw that " master was getting so much wind off his stomach." We are sure that some of the numerous participators in this portion of the debate must have experienced a similar relief. The President was long, grandiloquent, casuistical, and severe. " Twenty-five years of my life," said he, " have been spent in constant suffering and pain. \* \* \* *During all that time, I was the patron of physicians and druggists, swallowed all sorts of nostrums from learned and unlearned quackery*, and, like the woman in the Scriptures, was nothing bettered, but rather grew worse." Who can wonder ? — "*All disease and sickness is crime.*" " Sir, we must throw the responsibility of each person's health on himself, and make him alone feel accountable for it." Avaunt, then, ye bed-ridden reprobates, whom only sentimental fools will pity and wish to succour. A gibbet for a cancerous eruption ; a dungeon and hard labor for life for a pulmonary tubercle ; imprisonment in the common gaol from thirty days to six months for a rheumatic shoulder, according to the aggravation of the offence. " Parents must be made to feel, that for the sickness of their children they are themselves responsible." So make no pretence, tearful mother, of regretting what you yourself have done, nor wear out the long watches of the night over the couch of your fevered child ; but away to the whipping-post, for a baggage as you are, and take the deserts of such as you.

One is tempted to be made serious by such outrageous

extravagances, inharmonious as that mood would be with the spirit of the scene. One of the speakers who followed the President, (bearing a different testimony to the effects of the wonder-working diet from that of his coadjutor, mentioned above, who rejoiced in a narrower waistband,) reported, that he never was stronger, *heavier*, happier, or healthier in his life," than he now was by the help of his spoon victuals ; while the last speaker, who possibly may have been selected for the purpose of conducting the lofty march of thought to its climax, said, "that he had repeatedly suffered [extraordinarily organized man !] from the use of water, which had been poisoned by lead, having been brought through lead pipes ; and that *he was confident, entirely so*, [bold assenter !] that many of the evils of human life might be traced to our own errors."

The meeting having broken up after the reading of two letters, — one of them (*horrescimus referentes*) from the "Principal of the Teacher's Seminary" in a neighbour State, — and two or three pages of the sheet remaining unused, the editor treats us to a sketch of two speeches made by the arch-hierophant of these mysteries at another of these American meetings, that of the "American Physiological Society." Of one of these the most salient point is, the proposition, that "experience, on which we all rely with full confidence, *in almost all cases misleads and betrays* ;" a proposition, which for any one, especially for the teacher of a system which professes to make experience its oracle, may pass for rather strong doctrine. In the other, we have the following delicious piece of nonsense, in support of a resolution "that a correct understanding of the laws of health and the science of physiology would effectually promote the agricultural and horticultural interests of the community."

"Geology, mineralogy, chemistry, meteorology, botany, zoölogy, physiology, and other natural sciences, are of more immediate interest to the tiller of the ground than perhaps any other man ; and, when things are rightly understood and rightly ordered, such qualifications will be the ordinary attributes of our agriculturists."

"Our wheat, our rye, our corn, our potatoes, and every other vegetable substance entering into the food of man, are rendered more or less healthful according as our agricultural and horticultural operations are more or less in conformity with the physiological laws of our nature."

“Agricultural and horticultural operations” we take to be long words, that mean ploughing, harrowing, raking, hoeing, watering, weeding, and such like. It would be worth an inquisitive man’s while to visit some place where he might see these things going on “in conformity with the physiological laws of our nature.” And, if at the plough-tail or on the manure-heap he should encounter a swain profound in as many sciences, as have names terminating with the Greek cadence which resounds through Mr. Graham’s burdened period, our sight-seer would be all the better paid for his trouble.

The beginning and the end, the sum and substance, of all this lugubrious business, we take to be, that such substances as meal and water, or, on a larger interpretation, meal, potatoes, and apples, — for the doctors differ as to the degree of license, — make the nutriment on which physical, intellectual, and moral man is to thrive, if thrive he do at all ; and that, accordingly, certain teeth, fastened in the human jaw, and marking their possessor for a carnivorous creature, if not put there by mistake, were designed but to furnish him an occasion of the more meritorious self-denial. The dish that erst “ran away with the spoon” did a good thing for itself, for henceforth it has need of that and of that only ; knife and fork are obsolete abominations. The times of self-complacent Jack Horner are gone by ; nobody, while he eats Christmas pye, may henceforward give himself credit for a spark of goodness. As, in our innocence, we used to read our Bibles, the thriving of the holy children when they lived on pulse, yet rivalled in vigor and comeliness the sharers of Nebuchadnezzar’s own board, was altogether contrary to nature, and was simply a miraculous result. We are to be better instructed now ; the elements of their rotundity and fair liking were in their generous food. Sterne thought he had added a touch to the picture of his prisoner’s discomfort when he threw in the water-cruse and crust. Nothing could be more mistaken, as presently the honest citizen will show ; he will take care to have such abuses righted, reclaiming those delicacies for himself, while the convict will be made to work through his time of durance on champagne and oysters, plum-pudding and roasted pig. We were brought up to pity or banter the Irish for their fare of potatoes relished

with butter-milk. Sly rogues ! the laugh has been all along rightfully on their side. They wanted no competition, and so were too knowing to tell us how things stood ; now that we are wiser, we must count them the most enviable of nations, and grudge them all but their butter-milk, which is just so much *de trop*. But we must look higher yet. We dishonor such a great matter by regarding it with personal considerations. The interests of humanity are suspended on a pot-hook. The womb of events in the learned, the social, and the religious world, is the seething cauldron of the household hearth. The seminal principles of human progress are in the herb garden. All flesh is grass, and if man grows, it must be grass that expands him.

If we could look upon such doings as mere matter of tomfoolery, we should be quite content to pass them by. Nobody ought to find fault (though these people do) with his neighbours' eating any thing which they have found to agree with them. "In this the patient must minister to himself;" and, among reasonable people, it has long been a received truth, that "every man, at forty, is a fool or a doctor," and, in the latter case, competent to some independent judgment in the matter. Even the getting together to enjoy a mutual comparison of symptoms and nostrums, if that were all, might not be without its use. It might find innocent occupation for active spirits of that class who love to tramp and shout, till the echoes are weary, in some sphere of the bigness of a wafer-box. The head of one of our Colleges, a few years ago, being asked why he did not put down a certain mountebank association among the students, replied, that he left it for a valve for the spirit of devilry to escape through. So this, if all could end as it began, in "large discourse, looking before and after," might serve for a conduit to convey off in safety some of the morbidly excited *impulsiveness* of the day. But it would be flattering ourselves unreasonably, to suppose that such a meeting will alone suffice for the present satisfaction of its members, and that they will go away to be quiet till the time comes for another similar season of refreshment. The most immediate and palpable ill effects of the strong stimulants with which they have been plying one another, if not the most serious that need to be apprehended, are yet by no means of trifling amount. A person whimsical about his

diet is a standing nuisance wherever he is or goes. If an evil fate places you at his board, you find your best comfort in the thought, that henceforward you will use greater circumspection, and know beforehand whom you undertake to visit. If he becomes your guest, and can eat nothing which you set before him, compelling you to see that your hospitable intent is an ill odor in his nostrils, or if, meeting on common ground, he insists on entertaining you with his speculations on the noxiousness of what you with a good relish are devouring, and the excellent virtue of his own different fare, — all the customary subjects of friendly converse being made to give way to this high theme, — you feel that the bee in his bonnet is to you little better than a nest of hornets. All this one can perhaps manage to put up with. But a sober man's patience is more seriously tried, when he finds these schemers qualifying themselves as "reformed" persons, and accustoming their partisans to apply other terms of that language of mighty meaning, which belongs to virtue and vice, to the use or rejection of their vile cookery.

And much more is coming hereafter, if they are to have their way. The end is by no means yet, as they give us ample warning. Already they have worked themselves into a paroxysm of enterprise. "The objects of this Convention," said one speaker, "are second in importance to none of the moral and religious enterprises of the day." "Among all the variety of subjects," avers another, "that are now presented to improve the condition of the human race, there is none that deserves more attention than this." Already a brisk fire of abuse against dissentients, — that effective agent of reform, — is opened from this park of baby artillery, and the "ignorance of the multitude, the cowardice of lukewarm friends, and the avowed opposition of enemies" are in good set terms rebuked and defied. It is pity that people should be so turbulent and vituperative, especially at the beginning of their work. Courtesy is neither fish nor flesh, that they should throw it to the dogs and have none of it. "Fair words," if ancient saws say true, "butter no parsnips"; so that there was no need of eschewing such words for fear of coming too near to the pollution of animal fare. But so it is. The language of exaggeration, reproach, and menace, makes

an important part of the machinery of success on such occasions. It nerves the timid who are already engaged, and browbeats the timid who are yet to be enlisted.

Various pregnant hints, already thrown out, show, that they who enlist in this service are enrolling themselves for a long war ; and that it will not be for want of good will, on the part of the present movers, if the power of something, which is to call itself "public opinion," is not tried to the uttermost for the regulation of private habits. There can scarcely be a deep so low in these matters, that a lower cannot be found by such as are diligent in the quest. The host, which has introduced itself into the ovens and the kneading-troughs, has not yet followed up the assault of its leader upon the bed-chamber ; but how soon that is to come to pass, who knows ? Our respected fellow-citizens, who, if the newspaper account of their festivity was correct, became so joyful upon the pure element a year or two ago, in their celebration of national independence, find themselves already left far behind in the march of improvement, if we may judge from a diatribe, which we lately fell in with, on the inexpediency of opening the lips for the reception of any fluid whatever ; and, since "every thing which affects the quality of the soil and the character of its produce, has a most intimate relation not only to our health of body, but to the general well-being of man," and since of course it belongs to associations and pledges to take care for the application of this principle, we may be pardoned for seeing, in gloomy perspective, the next step taken in mutual engagements, that the contracting parties will only prepare composts for their grounds in certain proportions, or boil their greens in water filtered, or boiled, or medicated, after some prescribed fashion, and that, — so suited themselves, — they will further raise an intolerable outcry after such as like better some other way.

The truth is, the times are strangely and sadly out of joint. The dog-star rages now-a-days the whole year round. Some plague there is in the atmosphere, which the chemists had best bestir themselves to detect, if they mean to have it remain in breathing condition. First came the Cholera, and that was bad enough. Then, for a year or two, people took to drowning, hanging, and shooting themselves, far and near, for any strange reason or none. Not less rabid now, if more harmless, they are forming societies and organizing conven-

tions without end, for all sorts of folly and mischief-making, as well as many sorts of good. Who can tell what is to come of it? Let us hope the best. Folly is a suicide, and there is a wise and kind Providence above us all.

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- ART. IV. — 1. *Embassy to the Eastern Courts of Cochin-China, Siam, and Muscat, in the United States Sloop of War Peacock, David Geisinger, Commander, during the Years 1832-3-4.* By EDMUND ROBERTS. New York: Harper & Brothers. 8vo. pp. 432.
2. *A Voyage round the World; including an Embassy to Muscat and Siam, in 1835-37.* By W. S. W. RUSCHENBERGER, Surgeon in the United States Navy; Author of "Three Years in the Pacific." Philadelphia: Carey, Lea, & Blanchard. 8vo. pp. 559.
3. *Outline of a Consular Establishment for the United States of America in Eastern Asia.* New York: E. French. pp. 27.

THE second work above named is a brilliant narrative of a circuit of the globe, made by the United States ships Peacock and Enterprise, in 1835-1837. The earth has, it is true, been so often circumnavigated, that the registry of such an achievement has grown somewhat a stale story; and, after Mr. Reynolds's lively narrative of the "Cruise of the Potomac," Dr. Ruschenberger, following as he did in almost the same track, must have felt an uncommon consciousness of undrained resources, to undertake the writing of another volume upon the same subject. But he has accomplished his task *à merveille*, his narrative being the most readable account of foreign travel that it has lately befallen us to peruse. And it is tropical voyaging too, amidst scenes of sunlight, picturesqueness, luxuriance, and wonder; all which we sojourners in the cold North are accustomed to include in our imaginations of fairy land; bestowing, as we are apt to do, all our fancies upon the ever-blooming forests, — the perpetual harvests, — the fruits, the very mention of which produces a